



City of Newton,
MA



Wellness Working For You!

Volume 1, Issue 1

July 2015

Welcome to the July 2015 edition of the City of Newton Employee Health & Wellness Newsletter! We have revamped the newsletter to add even more information to help you achieve wellness.

Some of our upcoming **NEW** features will include:

- Benefits column courtesy of Human Resources
- New Q&A section-- email a general health question to wellness@newtonma.gov and we will choose one question each month to answer. No names will be used, but questions that would require knowledge of your health history will not be selected
- Look out for a monthly newsletter regarding wellness from CMG associates



We will continue to have information about

- Healthy Recipes
- Timely Health Topics
- Health Programming

We look forward to adding more information in the coming months and appreciate any feedback you have!



HR Information

Did you know? Tufts and Harvard Members can receive up to a **\$150** rebate for qualifying fitness memberships! Visit your health insurance providers website for more information on how to obtain your reimbursement.

Tufts- <http://www.tuftshealthplan.com>

Harvard- <https://www.harvardpilgrim.org>

Upcoming Health Programming

Blood Pressure Clinics

- Library

July 27th and August 10th

9am-11am

- Senior Center

July 10th, 24th, & 31st

August 7th & 14th

10:30am-11:30am

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Mosquito Borne Illnesses

The most common illness spread by mosquitoes in the Newton area is West Nile virus (WNV) infection.

The types of mosquitoes most likely to carry the virus breed in standing water in containers such as flower pots, bird baths, tires, pet water dishes and pool covers. Eliminating these sources can help cut down on the mosquito population.

You can reduce your risk of WNV infection by avoiding being outdoors when mosquitoes are most active between dusk and dawn, using effective mosquito repellent with DEET, and covering your skin outside.

Most people infected with WNV will experience mild or no symptoms. About one in 150 people infected with WNV will develop severe illness. The severe symptoms can include high fever, headache, neck stiffness, stupor, disorientation, muscle weakness, vision loss, numbness and paralysis. These symptoms may last several weeks, and neurological effects may be permanent. People over age 50 are at higher risk of serious symptoms if they do get sick with the virus.

Another mosquito-borne disease, Eastern Equine Encephalitis (EEE), is much more serious. It is found in and around freshwater, hardwood swamps because that is where the mosquitoes live that carry EEE virus. The mosquitoes carrying EEE have not been found in Newton to date.

The preventive tips for EEE are the same as those for WNV, but employees who live in communities with freshwater, hardwood swamps (mostly found in Plymouth and Norfolk counties on the South Shore) should be particularly vigilant about prevention.



Protect yourself from mosquitoes this season!

Recipes

ENERGY BARS-

Super easy fruit and nut bars to grab on the go. Feel free to adapt ingredients to suit your tastes!

Ingredients

1/2 cup lightly toasted nuts. To toast nuts, put them on a small baking sheet at 350 degrees for about 5 minutes

3/4 cup dried fruit

3/4 cup quick cooking oats

2 tbsp. unsweetened coconut (optional)

1/4 cup honey or maple syrup

3/4 cup crispy rice cereal

1/2 cup almond or peanut butter

1/2 teaspoon vanilla extract

Directions

1. Line 8x8 in pan with wax or parchment paper—leave enough hanging over the edges to cover the bars later

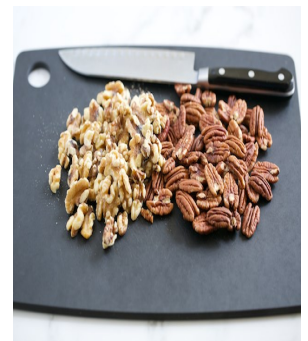
2. Put the nuts, fruit, oats, cereal, and coconut in a large bowl and mix

3. Put the almond or peanut butter and honey in a small bowl and microwave until soft (about 30 seconds). Stir until smooth and then add the vanilla

4. Pour the softened mixture into the larger bowl and mix until well combined

5. Dump the mixture into the lined pan and pat down as hard as you can. Using the overhanging wax paper, cover the bars completely. Cut into 16 pieces.

www.chopchopmag.org



STRAWBERRY MANGO ICE POPS-

Refreshing for the Summer and only 52 calories each!

Ingredients

1 cup thinly sliced ripe strawberries

1 mango, peeled, pitted and diced

1 tablespoon sugar

1 2/3 cups mango nectar

Directions

1. Set temperature of freezer as low as it will go. Soak 10 wooden pop sticks in warm water for 10 minutes.

2. Drop strawberry slices into each cavity of a 10-pop mold, bending them so they won't clump. Blend mango and sugar in a food processor until smooth. With machine running, pour in nectar.

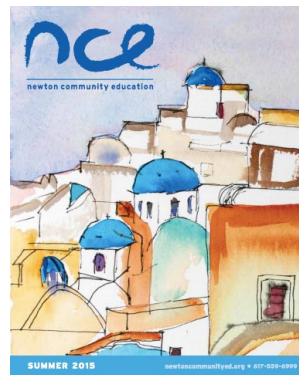
3. Pour mango mixture over strawberries to fill each cavity. Poke with a skewer to release air bubbles and distribute berries. Place top on mold and add sticks. Freeze for 8 to 12 hours.

4. To remove pops from mold, run top under tepid water to loosen, and then swish bottoms in a basin of tepid water until loose. Pull middle sticks to remove top and all 10 pops. Store pops in Ziploc freezer bags.



Newton Community Education

City of Newton employees receive a 15% discount on programs and classes of 2 or more nights through the Newton Community Education Center. You must register by phone or in person for the program or class to receive the discount. Their office is located at Newton North High School, 457 Walnut Street, Room 101, Newton, MA 02460. Phone-617-559-6999.



Please visit <http://www2.newtoncommunityed.org/> to see what programs they offer!

Community Events

- Pickleball– Wednesday Evenings from 6pm-8pm at Pellegrini Park
- Walking Club– Meets Tuesday-Friday at 7am at Albemarle Field House.
Please contact Nancy Scammon at x1506 if you wish to attend.

Farmers Market

There will be Farm Fresh Fruits and Vegetables, Turkey, Beef, Fresh Fish, Goat Cheese, Gouda, Eggs, Olive Oil, Baked Goods, PopOvers, Jams, Jellies, Plants, and Flowers.

Summer Markets - 2 Locations 2015 Schedule

Tuesday:
Open June 30- Oct 27

New Cold Spring Park
1200 Beacon Street
1:30pm– 6:00pm

Saturday:
Open June 20-Oct 10
(Market closed on July 4th)
Elm St.
West Newton
10:00am-2:00pm

Indoor Market

at the Hyde Community Center
November 18, 2014 -June 16, 2015
90 Lincoln St, Newton Highlands,
1:00pm-5:00pm on Tuesdays

Q&A

How do you remove a tick?

- Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
- Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal.
- After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.
- Dispose of a live tick by submersing it in alcohol, placing it in a sealed bag/ container, wrapping it tightly in tape, or flushing it down the toilet. Never crush a tick with your fingers.

www.cdc.gov

